

Sample Menu

Tips for Feeding Your Child

Foods for Your Child

1-3 years



Breakfast

¼ cup hot cereal
1 hard-boiled egg
½ cup milk

Snack

2-3 graham crackers
½ cup orange juice

Lunch

½ turkey sandwich
1 slice cheese
¼ cup green beans
½ banana
½ cup milk

Snack

1/3 cup dry cereal
1 cup water

Dinner

1 oz. chicken
¼ cup cooked carrots
¼ cup plain noodles
½ cup milk
¼ cup diced peaches

- ☼ Mealtime should be a relaxed and happy time. Set a good example for your children.
- ☼ Let your child's appetite be your guide. Don't force your child to eat. It is normal for your child's appetite to vary from day to day. Don't be too concerned if your child is fussy and refuses to eat.
- ☼ Expect your child's growth and appetite to slow down around 2 years of age.
- ☼ Tastes change. Foods once refused may later be accepted. Keep offering different foods to your child.
- ☼ During the preschool years, your child may want to eat the same foods for several days. Don't worry; usually these "food jags" are short lived.
- ☼ Active play and exercise should be encouraged everyday. This helps your child grow in a healthy way.

Adapted from the Tennessee Department of Health by
New Jersey WIC Services 2003



If your child gets thirsty in between meals and snacks, offer water instead of juice, milk, Kool-Aid®, sports drinks, or soda.

TIPS FOR

What is a Child-Size Serving?

FOOD GUIDE PYRAMID

Grains



$\frac{1}{4}$ to $\frac{1}{2}$ slice bread or tortilla
 $\frac{1}{4}$ cup rice or pasta
 $\frac{1}{4}$ cup cooked cereal
 $\frac{1}{3}$ cup dry cereal
 2 to 3 crackers

Vegetables



$\frac{1}{3}$ cup raw vegetables
 $\frac{1}{4}$ cup cooked vegetables

Fruits



$\frac{1}{2}$ cup fruit juice
 1 small fruit or $\frac{1}{4}$ cup

Milk



$\frac{1}{2}$ cup milk or yogurt
 $\frac{3}{4}$ oz. cheese
 $\frac{3}{4}$ cup ice cream
 $\frac{1}{2}$ cup frozen yogurt

Meat



1 oz. meat, poultry, or fish
 1 egg
 $\frac{1}{2}$ cup cooked beans or peas

Serve the above child-size servings.
 Let your child ask for seconds.

Nuts, peanut butter, raisins, popcorn, whole grapes, and hot dogs can cause choking and are not recommended for children under three years of age.

for Young Children

A Daily Guide for 2- to 6-Year-Olds



REMEMBER:

Your child may need more servings than the general recommendations.
 The dairy servings on this pyramid are based on 1 cup portions.
 Therefore 2 servings would equal four $\frac{1}{2}$ cup portions.

Ask your nutritionist what number of servings is right for your child.